Multidimensional Inventory of Dissociation v6.0

Client ID	MID Initial Assessment	MID Reassess

Instructions: How often do you have the following experiences *when you are not under the influence of alcohol or drugs*? Please write the number that best describes you. Write a "0" if the experience never happens to you; write a "10" if it is always happening to you. If it happens sometimes, but not all the time, choose a number between 1 and 9 that best describes how often it happens to you.

Question Number	Answer	REMEMBER: Never 0 1 2 3 4 5 6 7 8 9 10 Always
1		While watching TV, you find that you are thinking about something else.
2		Forgetting what you did earlier in the day.
3		Feeling as if your body (or certain parts of it) are unreal.
4		Having an emotion (for example, fear, sadness, anger, happiness) that doesn't feel like it is 'yours.'
5		Things around you suddenly seeming strange.
6		Hearing the voice of a child in your head.
7		Having pain in your genitals (for no known medical reason).
8		Having another personality that sometimes 'takes over.'
9		Hearing yourself talk, but you don't feel that you are choosing the words that are coming out of your mouth.
10		Forgetting errands that you had planned to do.
11		Feeling that your mind or body has been taken over by a famous person (for example, Elvis Presley, Jesus Christ, Madonna, President Kennedy, etc.).
12		Trying to make someone jealous.
13		Feeling as if close friends, relatives, or your own home seems strange or foreign.
14		Reliving a traumatic event so vividly that you totally lose contact with where you *actually* are (that is, you think that you are 'back there and then').
15		Having difficulty swallowing (for no known medical reason).
16		Having trance-like episodes where you stare off into space and lose awareness of what is going on around you.
17		Being puzzled by what you do or say.
18		Seeing images of a child who seems to 'live' in your head.
19		Being told of things that you had recently done, but with absolutely no memory of having done those things.
20		Thoughts being imposed on you or imposed on your mind.
21		Pretending that something upsetting happened to you so that others would care about you (for example, being raped, military combat, physical or emotional abuse, sexual abuse, etc.).
22		Strong thoughts in your head that "come from out of nowhere."
23		Having blank spells or blackouts in your memory.
24		Not remembering what you ate at your last meal---or even *whether* you ate.
25		Feeling like you're only partially 'there' (or not really 'there' at all).
26		Your mind being controlled by an external force (for example, microwaves, the CIA, radiation from outer space, etc.).
27		Having no feeling at all in your body (for no known medical reason).
28		Feeling divided, as if you have several independent parts or sides.
29		Nobody cares about you.
30		Hearing voices in your head that argue or converse with one another.
31		'Losing' a chunk of time and having a total blank for it.
32		Strong feelings of emotional pain and hurt that come from out of nowhere.
33		While reading, you find that you are thinking about something else.
34		Having strong impulses to do something---but the impulses don't feel like they belong

		to you.
35		Feeling empty and painfully alone.
Always	**REMEMBER: Never** **0 1 2 3 4 5 6 7 8 9 10**	
36		Feeling mechanical or not really human.
37		Things around you feeling unreal.
38		Pretending that you have a physical illness in order to get sympathy (for example, flu, cancer, headache, having an operation, etc.).
39		Not being able to see for a while (as if you are blind) (for no known medical reason).
40		Feeling that the color of your body is changing.
41		Feeling split or divided inside.
42		Hearing a voice in your head that tries to tell you what to do.
43		Finding things at home (for example, shoes, clothes, toys, toilet articles, etc.), that you don't remember buying.
44		Feeling very detached from your behavior as you "go through the motions" of daily life.
45		Feeling mad.
46		Being unable to remember who you are.
47		Talking to others about how you have been hurt or mistreated.
48		Being in a familiar place, but finding it strange and unfamiliar.
49		Feeling uncertain about who you really are.
50		'Coming to' in the middle of a conversation with someone and having no idea what you and that person have been talking about---you didn't even know that you were *having* a conversation.
51		Talking to others about very serious traumas that you have experienced.
52		Your thoughts being broadcast so that other people can actually hear them.
53		Being told that there were times when you did not recognize friends or family members (for example, asking your spouse or friend, "Who are you?").
54		Being rejected by others.
55		Feeling the presence of an old man inside you who wants to read his newspaper or go to the bathroom.
56		Being unable to remember your name, or age, or address.
57		Your moods changing so rapidly that you don't know what you are going to feel from one minute to the next.
58		Feeling that other people, objects, or the world around you are not real.
59		Being angry that your life is ruined.
60		Being paralyzed or unable to move (for no known medical reason).
61		Hearing a voice in your head and, at the same time, seeing an image of that 'person' or of that voice.
62		Nobody understands how much you hurt.
63		Exaggerating the symptoms of a physical illness (that you genuinely have) in order to get sympathy or attention (for example, flu, cold, headache, fever, pain, etc.).
64		Finding yourself lying in bed (on the sofa, etc.) with no memory of how you got there.
65		Being impulsive.
66		Being so bothered by flashbacks that it was hard to get out of bed and face the day.
67		Not remembering large parts of your childhood after age 5.
68		Not being able to keep friends.
69		Feeling disconnected from everything around you.
70		Having to 'stretch the truth' to get your doctor's (or therapist's) concern or attention.
71		Not being able to hear for a while (as if you are deaf) (for no known medical reason).

72		Feeling like you are often different from yourself.
73		Feeling the pain of never being really special to anyone.
74		Suddenly 'waking up' in the middle of doing something (that you were *completely unaware you were doing*) (for example, vacuuming the carpet, cooking dinner, spanking the children, driving the car, etc.).
Always	**REMEMBER:** **Never** **0 1 2 3 4 5 6 7 8 9 10**	
75		Hurting yourself so that someone would care or pay attention.
76		Finding things in your shopping bags, which you don't remember buying.
77		People think that you live "in a world of your own."
78		Feeling that pieces of your past are missing.
79		Immediately forgetting what other people tell you.
80		Not being sure about what is real (and what is unreal) in your surroundings.
81		Being so bothered by flashbacks that it is hard to function at work (or it is hard to carry out your daily responsibilities).
82		Having difficulty walking (for no known medical reason).
83		Switching back and forth between feeling like an adult and feeling like a child.
84		Hearing a voice in your head that wants you to hurt yourself.
85		When something upsetting happens, you go blank and lose a chunk of time.
86		After a nightmare, you wake up and find yourself not in bed (for example, on the floor, in the closet, etc.).
87		Not being able to remember something, but feeling that it is "right on the tip of your tongue."
88		Making decisions too quickly.
89		Feeling very confused about who you really are.
90		Feeling that important things happened to you earlier in your life, but you cannot remember them.
91		Standing outside of your body, watching yourself as if you were another person.
92		Feeling as if you were looking at the world through a fog so that people and objects felt far away or unclear.
93		Seeing or talking with others who have the same disorder that you have.
94		Having seizures for which your doctor can find no reason.
95		Going into trance so much (or for so long) that it interferes with your daily activities and responsibilities.
96		Thinking about how little attention you received from your parents.
97		Hearing a lot of noise or yelling in your head.
98		Hearing voices, which come from unusual places (for example, the air conditioner, the computer, the walls, etc.), that try to tell you what to do.
99		Words just flowing from your mouth as if they were not in your control.
100		Listening to someone and realizing that you did not hear part of what he/she said.
101		Sudden strong feelings of anger that seem to come from out of nowhere.
102		Feeling that there are large gaps in your memory.
103		Feeling as if you are two different people---one who is going through the motions of daily life and the other who is just watching.
104		Feeling that your surroundings (or other people) were fading away or disappearing.
105		Having traumatic flashbacks that make you want to inflict pain on yourself.
106		Going into trance for hours.
107		Feeling like some of your behavior isn't really 'yours.'
108		Finding something that has been done (for example, the lawn mowed, the kitchen painted, a task at work completed, etc.), that you don't remember doing---but knowing that you *must* be the one who did it.

109		Forgetting where you put something.
110		Having dreams that you don't remember the next day.
111		Desperately wanting to talk to someone about your pain or distress.
112		Feeling the presence of an angry part in your head that tries to control what you do or say.
113		Your mind blocking or going totally empty.
114		Feeling like time slows down or stops.
Always	**REMEMBER: Never** **0 1 2 3 4 5 6 7 8 9 10**	
115		Bad memories coming into your mind and you can't get rid of them.
116		Drifting into trance without even realizing that it is happening.
117		Words come out of your mouth, but you *didn't* say them---you don't know *where* those words came from.
118		Hearing voices crying in your head.
119		Suddenly finding yourself standing someplace and you can't remember what you have been doing before that.
120		Something in your mind interferes when you think about things that you 'shouldn't' think about.
121		Daydreaming.
122		Being able to remember very little of your past.
123		Not recognizing yourself in the mirror.
124		Feeling hurt.
125		Re-experiencing *body sensations* from a past traumatic event.
126		Part of your body (for example, arm, leg, head, etc.) seems to disappear and doesn't re-appear for several days.
127		When something upsetting starts to happen, you 'go away' in your mind.
128		Telling others about your psychological disorder(s).
129		When you are angry, doing or saying things that you don't remember (after you calm down).
130		Exaggerating the symptoms of a psychological illness (that you genuinely have) in order to get sympathy or attention (for example, depression, bulimia, posttraumatic stress disorder, memory blackouts, being suicidal, etc.).
131		Being able to do something really well one time---and then not being able to do it at all at another time.
132		Being unable to recall something---then, something "jogs" your memory and you remember it.
133		Feeling like you are 'inside' yourself, watching what you are doing.
134		Not being able to remember important events in your life (for example, your wedding day, the birth of your child, your grandmother's funeral, taking your final exams, etc.).
135		Feeling distant or removed from your thoughts and actions.
136		Things around you seeming to change size or shape.
137		Having traumatic flashbacks that make you want to die.
138		Feeling that you have multiple personalities.
139		Being bothered by how much you 'trance out.'
140		Hearing a voice in your head that calls you names (for example, wimp, stupid, whore, slut, bitch, etc.).
141		Suddenly realizing that hours have gone by and not knowing what you were doing during that time.
142		Having to go back and correct mistakes that you made.
143		Poor memory causing serious difficulty for you.
144		Feeling that your vision was suddenly sharper or that colors suddenly seemed more vivid or more intense.

145		Reliving a past trauma so vividly that you see it, hear it, feel it, smell it, etc.
146		Your thoughts and feelings are so changeable that you don't understand yourself.
147		Going into trance several days in a row.
148		Not feeling together, not feeling whole.
149		Having other people (or parts) inside you who have their own names.
150		Discovering that you have changed your appearance (for example, cut your hair, or changed your hairstyle, or changed what you are wearing, or put on cosmetics, etc.) with no memory of having done so.
151		Thoughts coming into your mind that you cannot stop.
152		Being told about things that you did---that you *don't* remember doing and would never do (for example, swearing like a sailor, being very mad, acting like a young child, or being very sexual).
Always	**REMEMBER:** **0 1 2 3 4 5 6 7 8 9 10**	**Never**
153		Having trance-like episodes during which you see yourself being taken into a spaceship and experimented on by aliens.
154		Being bothered or upset by how much you forget.
155		Exaggerating something bad that once happened to you (for example, rape, military combat, physical or emotional abuse, sexual abuse, mistreatment by our spouse, etc.) in order to get attention or sympathy.
156		Reliving a traumatic event so totally that you think that a present-day person is actually a person from the trauma (for example, being home with your partner, suddenly reliving being raped by your alcoholic uncle, *and* ***actually thinking*** *that your partner is your uncle*---that is, you see your uncle in front of you instead of seeing your partner).
157		Thinking about nothing.
158		Feeling like you are not the same kind of person all the time.
159		Hearing a voice in your head that wants you to die.
160		Suddenly finding yourself somewhere odd at home (for example, inside the closet, under a bed, curled up on the floor, etc.) with no knowledge of how you got there.
161		Feeling as if there is something inside you that takes control of your behavior or speech.
162		Totally forgetting how to do something that you know very well how to do (for example, how to drive, how to read, how to use the computer, how to play the piano, etc.).
163		Hearing a voice in your head that keeps talking about AIDS and homosexuals.
164		Feeling that part of your body is disconnected (detached) from the rest of your body.
165		Wishing you knew why you feel and behave the way you do.
166		Hearing sounds from nearby as if they were coming from far away (for no known medical reason).
167		Going into trance and being possessed by a spirit or demon.
168		Having snapshots of past trauma that suddenly flash in your mind.
169		Feeling no pain (when you should have felt pain) (for no known medical reason).
170		Discovering that you have a significant injury (for example, a cut, or a burn, or *many* bruises), and having no memory of how it happened.
171		Hearing a voice in your head that calls you a liar or tells you that certain events never happened.
172		Feeling as if part of your body (or your whole body) has disappeared.
173		Suddenly finding yourself somewhere (for example, at the beach, at work, in a nightclub, in your car, etc.) with no memory of how you got there.
174		Feeling that there is another person inside you who can come out and speak if it wants.
175		Being willing to do or say almost anything to get somebody to feel that you are 'special.'

176		Having nightmares about a trauma from your past.
177		People noticing your blank stare and the fact that you are 'gone.'
178		Being pleased by the concern and sympathy of others when they hear about the traumas that you have suffered.
179		'Coming to' and finding that you have done something you don't remember doing (for example, smashed something, cut yourself, cleaned the whole house, etc.).
180		Having thoughts that don't really seem to belong to you.
181		Having pain while urinating (for no known medical reason).
182		Switching back and forth between feeling like a human and feeling like a member of some other species (for example, a cat, a dog, a squirrel, etc.).
183		Having 'tunnel vision' (where your visual field narrows down to just a tunnel) (for no known medical reason).
184		Having difficulty staying *out* of trance.
185		Your mood changing rapidly without any reason.
186		Discovering that you have attempted suicide, but having no memory of having done it.
187		Finding things that you must have written (or drawn), but with no memory of having done so.
Always	**REMEMBER: 0 1 2 3 4 5 6 7 8 9 10**	**Never**
188		Suddenly feeling very small, like a young child.
189		Suddenly not knowing how to do your job.
190		Feeling as if there is a struggle going on inside of you about who you really are.
191		Your body suddenly feeling as if it isn't really yours.
192		Being bothered by flashbacks for several days in a row.
193		Being confused or puzzled by your emotions.
194		Not remembering what happens when you drive a familiar route in your car.
195		Distinct changes in your handwriting.
196		Very strong feelings (for example, fear, or anger, or emotional pain and hurt) that *suddenly go away.*
197		Looking in the mirror and seeing someone other than yourself.
198		Some thoughts are suddenly 'taken away from you.'
199		Hearing a voice in your head that tells you to "shut up."
200		People telling you that you sometimes act so differently that you seem like another person.
201		Switching back and forth between feeling like a man and feeling like a woman.
202		Having another part inside that has different memories, behaviors, and feelings than you do.
203		Feeling that your feet or hands (or other parts of your body) have changed in size.
204		There were times when you 'came to' and found pills or a razor blade (or something else to hurt yourself with) in your hand.
205		Finding writings at your home in handwriting that you don't recognize.
206		Having flashbacks of poor episodes of your favorite TV show.
207		Hearing a voice in your head that calls you no good, worthless, or a failure.
208		Having a very angry part that 'comes out' and says and does things that you would never do or say.
209		Feeling like some of your thoughts are removed from your mind---by some force or by some other part of you.
210		Feeling a struggle inside you about what to think, how to feel, what you should do.
211		Not remembering where you were the day before.
212		Feeling that another part or entity inside you tries to stop you from doing or saying something.

213		Wishing that someone would finally realize how much you hurt.
214		More than one part of you has been reacting to these questions.
215		Feeling the presence of an angry part in your head that seems to hate you.
216		Hearing a voice in your head that is soothing, helpful, or protective.
217		Things in your home disappear or get moved around (and you don’t know how this is happening).
218		Noticing the presence of a child inside you.

Contents of this document © Paul F. Dell 2004. Reformatted from source material with permission of the author.